



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

June 2025

Page 1

Step 5, Admitted to God, to ourselves, and to another human being the exact nature of our wrongs from Alcoholics Anonymous, page 59.

In our beloved AA Big Book, the directions for Step 5 are found in Chapter 6 - Into Action, pages 72-75.

"Now these are about to be cast out." AAB page 72. This always makes me think of an exorcism. Admitting the exact nature of my wrong was ridding myself of the poison which had blocked me from Higher Power. I had always wanted to enjoy a certain reputation, but now if I wanted to get free I must get honest and spill my inventories.

This was not planned, but I happened to finish my writing on my 4th Step on Good Friday. Being raised Catholic, I like to go to a church and do the Stations of the Cross. I took my notebook with me with all my writings from my fearless and thorough 4th Step. Going to each station, I felt like I was acknowledging my wrongs and believing Jesus was taking them all to the cross so I could be forgiven, then on Saturday I read my 5th Step writing to God, myself, and my sponsor. On Sunday I felt like I had been reborn, I had risen to a new way of being in my recovery journey through the grace of God.

The [5th Step promises](#) - "We are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway walking hand

in hand with the Spirit of the Universe." AAB page 75.

The first promise came to me on the ride home from my sponsor's house, "We can be alone at perfect peace and ease." Finally, the volume of the voices in my head was turned down. I knew a silence I had never known before.

Also listening to another's 5th Step is a privilege and an honor. My sponsor gave me the time and attention to listen to mine and I want to do the same for someone else.

Thank You Dear God my Friend, and so it is, blessed be.

Michaeline

(Writer, 12STEPRECOVERYANONYMOUS group)

Disclosure: Personal stories express the experience, strength, and hope of the individual member and not of OA as a whole.

Step6: Were entirely ready to have God remove all these defects of character
Spiritual Principle: **WILLINGNESS**

Tradition6: An OA group ought never finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
Spiritual Principle: **SOLIDARITY**

From Voices of Recovery June 1:

I recognize many of my character defects when I react strongly to seeing them displayed by other people. When I notice character defects in others and realize that I still practice them myself, even when I don't want to, I know I need God's embrace. For me, the first stage of Step 6 is to accept that I have weaknesses and to know that God embraces me, nonetheless.

INDEX

Committee Reports	Page 2
Update from World Service	Page 3
Upcoming Events (Please announce)	Page 4
MBI Board and Meeting Rep Info.	Page 5

Jeanne K., Webmaster

MBI COMMITTEE REPORTS

MBI Treasurer - May 04, 2025, Report

Income: \$515.72 Expenses: \$281.66

Checking balance 5/8/25 = \$7,285.26

Savings balance 5/8/25 = \$3,098.20

Donations for April 5-May 4, 2025

DATE	Contribution From	Donation Amt
5/4/2025	Sat. 7:15am Phone #55746	\$20.00
5/1/2025	Wed. 9:30am Reading #800801 (ID 38115)	\$100.00
5/1/2025	Tues. 9:30AM BBSS Phone ID 55714	\$100.00
4/28/2025	INDIVIDUAL/ANONYMOUS	\$36.00
4/26/2025	Sat. 8:30am Boxford #57966	\$139.72
4/26/2025	INDIVIDUAL/ANONYMOUS	\$25.00
4/26/2025	Sat. 6:15am ZOOM #800658	\$25.00
4/16/2025	Sat. 8:30am Lynn #800654 (ID 47116)	\$35.00
4/5/2025	Sat. 8:30am Lynn #800654 (ID 47116)	\$30.00
4/5/2025	Sat. 6:15am ZOOM #800658	\$5.00
	TOTAL	\$515.72

Expenses

Date	Description	Amt paid
5/2/2025	GOOGLE	\$13.68
5/2/2025	*SAINTLY SOLUTIONS	\$60.00
4/30/2025	ZOOM.COM	\$16.99
4/16/2025	ZOOM.COM	\$16.99
4/16/2025	ZOOM.COM	\$16.99
4/2/2025	GOOGLE	\$13.68
4/2/2025	*SAINTLY SOLUTIONS	\$143.33
	TOTAL	\$281.66

Email Campaign Report

Overall Stats

Total Recipients: 313

Successful Deliveries: 311

Bounces: 2

Times Forwarded: 0

Forwarded Opens: 0

Recipients Who Opened: 158

Total Opens: 308

Last Open Date: 6/14/25 6:23PM

Recipients Who Clicked: 16

Total Clicks: 24

Last Click Date: 6/6/25

Total Unsubs: 0

Total Abuse Complaints: 0

MBI Office Activity –May 2025

Phone Calls received	6
Emails received	37
Emails sent	9
Checks & Cash Received	3
Newsletters sent	5
Meeting lists sent	none
Professional packets sent	none
Books & pamphlets	none

Warmly, together we recover,
Marina - OAMBI office worker
Snail mail: P.O. Box 74, Arlington, MA 02476
Email: info@oambi.org
Office phone: 781-205-9606
Web-site: <https://oambi.org/>

******GROUP SECRETARIES:******

When you update your meeting info at oa.org;
please update meeting information at
(info@oambi.org).

WORLD SERVICE NEWS AND EVENTS

The **EVENT CALENDAR** at oa.org lists numerous workshops throughout the country. Most are virtual (ZOOM), some are face-to-face. The list is too long to list them all here.

The World Service Convention Returns

Walking in the Sunlight Together – OA World Service Convention 2025 August 21 – 23, 2025

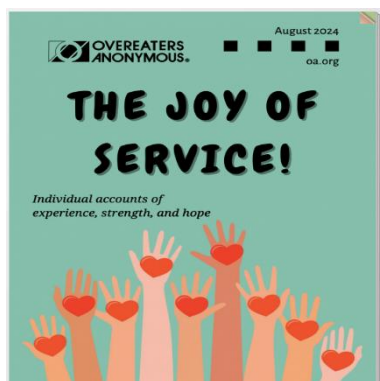
In person at the Renaissance Orlando at SeaWorld, Orlando, Florida, see the flyer for conventioninfo@oa.org:

Early Bird rate ends July 2!

A Vision for You: Power of the Big Book 2025 Weekend Retreat

Friday November 7, 2025, 7:00 PM – Closing,
Sunday November 9, 2025, 1:00 PM

Information: <https://www.avision4you>. Early Bird Registration \$225 per person, prior to September 1, 2025



Introducing **the Joy of Service! e-zine**, produced by the OA Board of Trustees:

"There's a magical thing that happens when you serve others; you end up giving yourself a gift too . . .

"We asked members to share how service has been a vital and joyful part of their personal growth and recovery, and we're happy to present these shares as a collection in The Joy of Service! digital magazine.

"We hope you enjoy the stories, art, poetry, cartoons, videos, audio, animations, favorite quotes on service contributed by your fellow OA members. You can even give the OA Service Wheel a spin to get some fun suggestions for your next service!

"Please share the Joy of Service E-Zine in your meetings and service bodies. Thank you!"

Read, listen, watch, and interact with [The Joy of Service! e-zine](#) (link opens to third-party website). Find links to the e-zine on the oa.org [Why Service? web page](#) and in the Document Library. (Extracted from OA.org)

Jun 28, 2025, Saturday, Gay Pride
 July 4, 2025, Friday, Independence Day
 September 1, 2025, Monday, Labor Day
 October 11, 2025

The OA90 Virtual Intergroup has started recording qualifiers from workshops starting in February 2025. To see written material from previous workshops, please go to the Blog section on the oa90.org website. You can hear these recordings on a special YouTube channel by going to the following website: <https://www.youtube.com/@OA90VIG> <https://www.youtube.com/@OA90VIG>. The recordings are typically 15-20 minutes each, great for a short burst of program inspiration.

OA90 Virtual Intergroup:

Workshop: Hear and Take Part, Listen to the Experience, Strength and Hope of our speakers who have migrated from a life of "never enough" to "I have enough." Saturday June 28, 2025, 1:00 PM to 3:00 PM EST, No Registration Required
 Zoom ID 837 1100 7258 Passcode 202590
 Participate in Q&A, Writing Exercises, and Sharing Flyer: <https://oa90.org/oa-90-calendar/upcoming-events/>

AD4L Speaker Series 2025 – Step One

A Design for Living (AD4L) – Big Book OA Intergroup hosts a monthly Speaker Series 2025 Join us Every Second Weekend of the Month, Zoom ID: 200 540 624 (no password required) or join. For more information for future events please visit: <https://ad4l.info> We look forward to welcoming you.

OA90 Intergroup

Virtual Region Intergroup, Phone Marathons

OA90 Virtual Intergroup

Phone Marathons

Meetings every hour from 8:00 AM to 12:00

Midnight ET (UTC -5) Phone: 712-432-5200

Conference ID: 4285115#

CORRESPONDING SECRETARY'S REPORT

MASS BAY MEETING DATES - 2025

July 12, 2025
 August 9, 2025
 September 13, 2025
 October 11, 2025

Meeting ID: 812 2216 2133
 Passcode: 203607

REGION 6 NEWS AND EVENTS

Come visit these new Massachusetts Face-to-Face Meetings!

Essex: Tuesday 7:30pm (1 hour, literature)
 First Congregational Church of Essex, 39 Main St
 (accessible, with parking)
 Contact: Edith F 978-675-6112

North Andover: Wednesday 10:00am (1 hour, literature)
 First United Methodist Church, 57 Peters St, second floor
 (handicapped accessible via self-operated elevator, use side entrance)
 Contact: Dena 978-965-9565

Southwest Connecticut OA Intergroup:
SWCTIG Retreat, 17th Annual Retreat, June 20 to June 22, 2025, 4:00 PM - June 22, 2025, 12:30 PM EST Tranquility – Transformation Through the Steps Weekend Retreat, Incarnation Conference Center, 253 Bushy Hill Road, Deep River, CT 06417
 Cost \$245.00 Registration deadline is May 30, 2025
 Flyer & Registration Form:
<https://connecticutoa.org/event/tranquility-self-care-through-the-steps/>

Ocean & Bay Intergroup: Online Overeaters Anonymous Lunch Break Meeting, Monday-Friday, 12:30-1:30PM EST -
 Zoom ID: 646-596-036 Password: 550141

Metrowest Intergroup:

June 28, 2025, 1:00 to 3:00PM Workshop: I am, I do Enough, I have Enough, Learn how to let go of "never enough" and step into peace and balance
 Zoom ID: 837 1100 7258, Passcode: 202590

Western Mass Intergroup

OA Western MA Intergroup 47th Annual Retreat, A Guided Walk through the 12 Steps of OA, Friday September 19th - Sunday Sept 21st, 2025, Whether you are a newcomer to Overeaters Anonymous or an experienced member, retreats are a fantastic way to experience recovery, delve into 12 Step work, spend some time with a Higher Power, and of course, make new friends along the journey. Come join us!

Link: <https://oawmass.org/meetings-events/bulletin-board#WMIRetreat>

Relapse Prevention Workshop

Saturday, July 13, 2025, 3:00 PM – 5:00 PM, EST, Zoom ID: 813 2949 0352 Passcode: 101112

From Shame to Serenity Workshop:

Saturday, July 5, 2025, 12:00 – 1:00 PM EDT
 Zoom Meeting ID: 847 9014 3147 Passcode: 164164 Are you tired of carrying shame about food, your body, or your past choices? This workshop offers tools, shared experience, and spiritual support for anyone struggling with guilt, body shame, or food obsession. Come as you are. Leave with renewed hope, practical tools, and a deeper connection to your HP. Overcoming Guilt Around Food

Region 6 trustee contact:

Region6trustee@gmail.com

Please see the website for news, upcoming events, intergroups, and to make a donation
<https://oaregion6.org/about/contributions-new/>

OA Region 6 Treasurer
 Post Office Box 95
 Lynbrook, NY 115

For news, events, announcements & info, see the websites:
www.oambi.org; www.oaregion6.org; www.oa.org

*******ATTENTION*******

Did you know that every MBI meeting has a responsibility and a vote at the Intergroup Level?

Each MBI meeting can have an Intergroup Representative who attends the monthly MBI meetings.

At your next Business Meeting please ask, does our meeting have an Intergroup Rep? And who is it?

And are they willing and able to attend the monthly meetings?

If there is no rep, please nominate an Intergroup Representative.

An Intergroup Rep's responsibility is to attend the monthly virtual business meetings and to communicate to your meeting members all the happenings from the monthly MBI meeting.

MEETING REPRESENTATIVES

Sun 8:30am, Stoneham OPEN
Sun 5 pm, Andover BBSS, Bobbie M.
Sun 5 pm, Newtonville, Hilde
Mon 9:30 am Wellesley, Jeanne K.
Mon 12:15 pm, Boston, Richard G.
Mon 6:30-7:30 pm BBSS Helen K.
Tues 9:30 am, Reading, OPEN
Wed 9:30am, Stoneham, Paulina S
Wed 7pm, Waltham, Brenda C.
Wed 7pm, Milton, OPEN
Sat 8am, N Andover, Heather H.
Friday 12:15 pm Boston, Richard G.
Sat 7:15am, NWW Phone, Kimberly
Sat 7:15 am, NWW F2F, Marianne
Sat 8:30 am Boxford F2F only
Sat 8:30 am Lynn OPEN
Sat 9:00, Medford, Kelly C.
Sat 9am, Carney hospital, Juliet
Sat 2pm, Chelmsford, Barbara Ann F.

BOARD & COMMITTEE CHAIRS *

- **MBI CHAIR**
Paulina S., Lexington
- **VICE-CHAIR**
OPEN
- **CORRESPONDING SECRETARY**
Brenda C., Waltham
- **RECORDING SECRETARY**
Jeanne K., Chelmsford
- **TREASURER**
Kelly C., Lowell

COMMITTEE CHAIRS

- **OFFICE** –Marina, MBI Office Worker
- **PROFESSIONAL OUTREACH** OPEN
- **PUBLIC INFORMATION**
OPEN
- **COMMUNICATIONS** –Brenda C.
- **Newsletter** - Barbara Ann F. (Lowell)
- **Webmaster:** Jeanne K. (Chelmsford)
- **12 STEPS WITHIN-** Kelly C. (Lowell)
- **BYLAWS** –OPEN

To reach any of the members in these service positions, contact the MBI office by any of the contact information below.

**MASSACHUSETTS BAY INTERGROUP
OF OVEREATERS ANONYMOUS**

P.O. Box 74,
ARLINGTON, MA 02476
(781) 641-2303

EMAIL: info@oambi.org

WEBSITE: <http://www.oambi.org>

OFFICE HOURS: MONDAY & THURSDAY/CALL FOR APPOINTMENT

If you know of a Health Fair happening, please send information to:

Marina - OAMBI office worker
Snail mail: POBox 74, Arlington, MA 02476
Email: info@oambi.org
Office phone: 781-205-9606